

# HEALTHY HOME Chef 2025

"I loved the atmosphere the morning of the competition...  
Being a finalist really showed me what I'm capable of..."

Blathnaid Clarke, Sligo Community Training Centre

"...there was such a warm and friendly  
environment...an extremely enjoyable experience  
that I will remember forever."

Grace Furey, Convent of Mercy, Roscommon



**Over €10,000  
in prizes to be won!**

"I am looking forward to judging the Healthy Home Chef Competition again in 2025 and bringing the winning students to Dublin to spend a day cooking with me. Good luck everyone!"

**Chef Neven Maguire  
Mac Nean House**

Ambassador for Home Economics



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National Centre of Excellence

**Home  
Economics**



## The Healthy Home Chef cookery competition gives students an opportunity to create tasty, nutritious and affordable meals at home.

Students are asked to submit their favourite healthy meal (main course dish only) for TWO people.

The competition is open to all students in post-primary schools on the island of Ireland and Youthreach Centres in the Republic of Ireland.

The All-Island Cook Off will be held on the 6th & 7th May 2025 in ATU St Angelas, Sligo. The final is judged by a panel of experts including award winning chef Neven Maguire of MacNean House and Restaurant.

### A MESSAGE FROM NEVEN MAGUIRE



*It is fabulous to see the Healthy Home Chef 2025 cookery competition launched which builds on the strong tradition of Home Economics in St Angelas. This is an area very close to my heart and how I wish there was a competition like this when I was starting out! I firmly believe that every student who enters the competition will learn a lot and importantly, have fun doing so. I would like to congratulate ATU St Angelas, Sligo for their work and foresight in this area and also to the many students who have entered over previous years. Thank you to the Association of Teachers of Home Economics (ATHE) who are supporting the competition.*

*I was fortunate that my mother, Vera, was a great chef and she helped me along the way when she saw that I was interested. Not everyone who enters this competition will go on to work in the industry, but I am sure some of you will. However, I hope that everyone develops an interest in food and cooking that will stay with them as they take their own paths through life with family and friends.*

*We all eat, but we do not all eat well with the due respect for both the production of our food and our own bodies and health. We have great produce in Ireland. The basic ingredients are there for us. With a little knowledge, we can all prepare good healthy meals that are tasty, nutritious, and (and this is the chef in me) look colourful, attractive and well-presented.*

*I wish every competitor and their teacher the best of luck and I am delighted to be asked to be a judge for the finals.*

*Well done to ATU St Angelas, ATHE, the competitors and their Home Economics teachers.*

# How To Take Part

1. Choose your favourite home cooked meal and ensure it is a healthier version
2. Download the entry form at <https://www.atu.ie> or <https://www.athe-ireland.com/> or copy the entry form from your teacher
3. Cook the dish and note the following on the entry form:
  - List the ingredients
  - Explain the cooking method/s, including cooking times and temperatures
  - Tell us how you have made the dish healthier
4. Take a photo of your meal and attach to the entry form. When sending form by email, attach photo as a separate file
5. Email your entry to [healthyhomechef@atu.ie](mailto:healthyhomechef@atu.ie) or post your entry to arrive **before 5pm** on **Monday 10th March 2025**  
*Due to large number of applications received, only finalists will be contacted*



**All Island Cook Off!**  
**6th & 7th May 2025 at**  
**ATU St Angelas, Sligo**

**16 Junior & 16 Senior Finalists**  
**will be selected for the**  
**All Island Cook Off.**

# Entry Form

## Section 1 – Your details

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

### Junior Category

- 1st, 2nd, 3rd year students
- Key Stage 3 students
- Special School / Unit or SEN (Junior Level)

### Senior Category

- Transition, 4th, 5th, 6th year students
- Key Stage 4, Year 13, Year 14 students
- Youthreach Centre students
- Special School / Unit or SEN (Senior Level)

**School/Centre name:** \_\_\_\_\_

**School/Centre address:** \_\_\_\_\_  
\_\_\_\_\_

**Teacher/Tutor name:** \_\_\_\_\_

**School/Centre telephone:** \_\_\_\_\_

**Teacher/Tutor email:** \_\_\_\_\_

## Section 2 – Healthy Home Chef

*You can handwrite your entry.*

**What dish have you chosen?** \_\_\_\_\_  
\_\_\_\_\_

**What ingredients and/or cooking methods did you use to make the dish healthier?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**List of ingredients - include the quantity of each (grams/mls/ounces etc.)**

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**Step by step method:**

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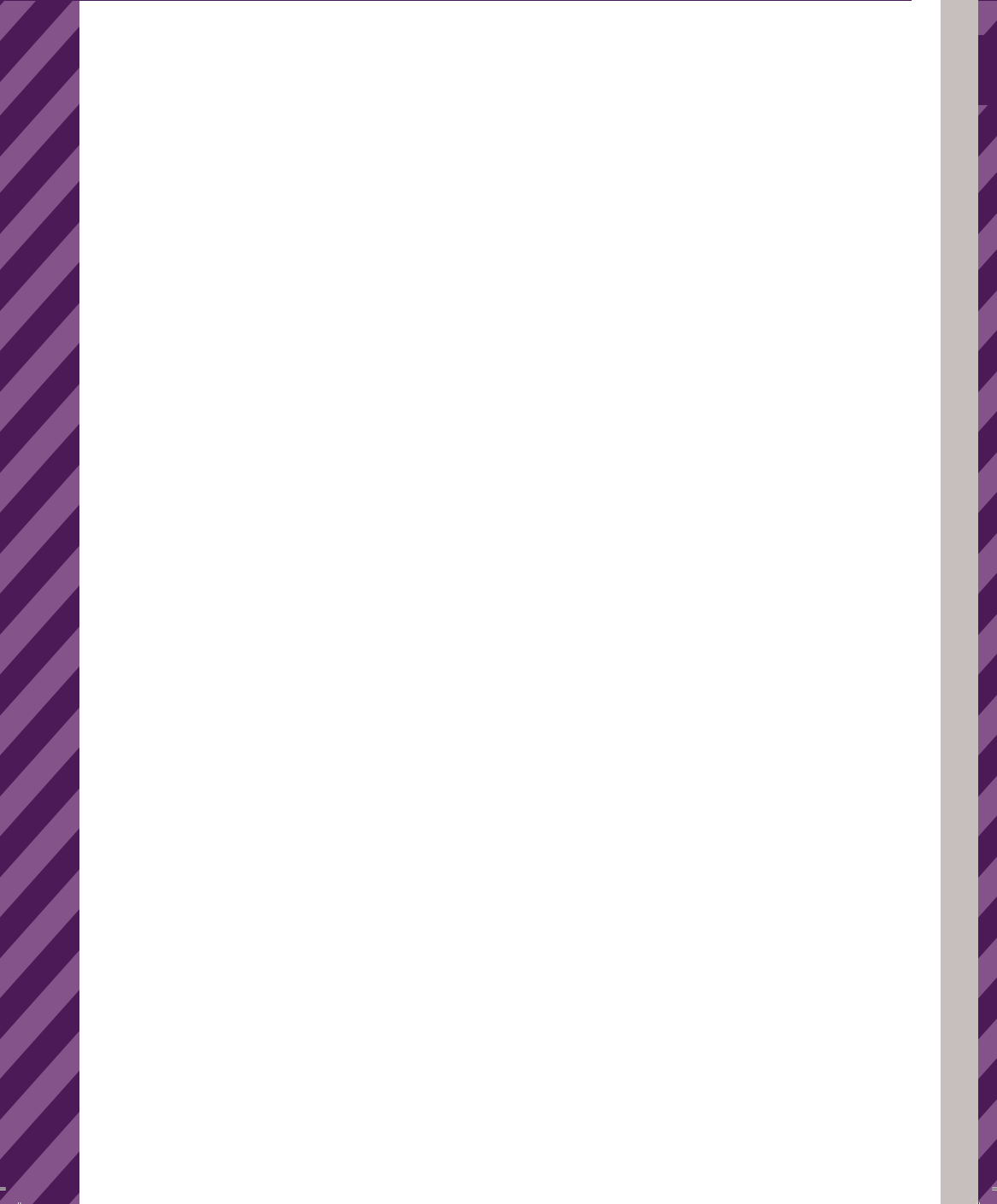
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Please note you can attach an extra sheet of paper if you run out of space and you can handwrite the details.

**Section 3**

**Attach your photo or staple it to the entry form**



# It's Easy To Enter

## YOU CAN SUBMIT YOUR ENTRY BY POST OR EMAIL.

Details Below:

### By Post:

Complete the entry form provided in this leaflet and return it by post with a photo of your dish to:

**Healthy Home Chef Cookery Competition**  
**National Centre of Excellence for Home Economics**  
**School of Home Economics**  
**ATU St Angelas**  
**Lough Gill, Co. Sligo**  
**F91 C634**  
**Ireland**

### CHECKLIST

- Photo
- Completed Entry Form

### By Email:

Email your completed entry form and photo to:

[healthyhomechef@atu.ie](mailto:healthyhomechef@atu.ie)

### CLOSING DATE

**Monday 10th March 2025**

If you have any queries or if your student requires any special supports due to disability, please email us via

[healthyhomechef@atu.ie](mailto:healthyhomechef@atu.ie)



# Terms and Conditions

## Introduction

1. The Healthy Home Chef cookery competition is managed by the School of Home Economics, ATU St Angelas, Sligo.
2. No payment is required to enter the competition.
3. By entering the competition students are deemed to have read and understood the terms and conditions and be bound by them.

## Eligibility

4. All students in post-primary schools on the island of Ireland and Youthreach centres in the Republic of Ireland (ROI) are eligible to enter the competition.
5. All entries to the competition must be genuine; must be the work of the student who submits the entry; must not contain material that is inappropriate or offensive.
6. Only individual entries will be accepted. No class or group entries will be accepted. Only one entry per person is accepted.

## Categories

7. The Healthy Home Chef competition has two categories: – Junior including Junior Cycle (ROI) and Key Stage 3 (NI) – Senior including Senior Cycle & Youthreach (ROI), Key Stage 4 & Years 13 & 14 (NI)

## Healthy Home Chef Cookery Competition Preliminary Round

8. Students are asked to prepare, cook and serve a healthier version of their favourite main meal (one course).
9. All parts of the entry form must be completed and entries must include a photograph of the finished dish.
10. Students must supply all ingredients required to cook their dish for the competition. Students may also cook their dish at home. Dunnes Stores will provide vouchers to finalists which may contribute towards the cost of the ingredients for the final.
11. Completed entries must be emailed to [healthyhomechef@atu.ie](mailto:healthyhomechef@atu.ie) or posted to Healthy Home Chef Competition, School of Home Economics, ATU St Angelas, Lough Gill, Co. Sligo to be received no later than Monday 10th March 2025.
12. No responsibility will be taken by ATU St Angelas for any entries which are damaged, lost or received after the closing date. Entries will not be returned.
13. Full details of the competition are available at <https://www.atu.ie> and <https://www.athe-ireland.com>
14. The all-island finals will take place on 6th May 2025 (Junior) and 7th May 2025 (Senior) in ATU St Angelas, Sligo. Students must be available to attend the all-island final if they are selected.
15. All entries will be judged by a team of experts and the judges' decision is final.
16. A total of 32 (16 junior and 16 senior) entries will be selected to go forward to the all-island final based on the entries submitted. Each finalist should be accompanied by their Home Economics teacher or nominee to mentor them for the final All-Island Cook Off.
17. Finalists under the age of 18 must be accompanied by a parent, teacher or guardian to the all-island final.
18. All travel and accommodation costs are the responsibility of the students and families and are not covered by the competition organisers.
19. ATU St Angelas will provide all equipment (not ingredients) required for the all-island final with the exception of serving dishes and any specialist cooking dish required. This will be communicated to all finalists prior to the final.

## Prizes

20. Prizes are non-transferable and there are no cash alternatives to prizes for students, schools and teachers. Full details of all prizes are available on the website.
21. All decisions of the Healthy Home Chef judging panel will be final and binding. No further correspondence will be entered into.

## Publicity

22. The competition organisers reserve the right to use the recipes and photos in promotional material in the future.
23. Entrants may be required by the competition organisers to participate in publicity activities including interviews, photo and/or video sessions. Approval for this will be sought from the competitors in advance. Subject to agreement from the student and teachers, the competition organisers reserve the right to use such material in any reasonable manner deemed fit.